

GROUP FITNESS SCHEDULE

STUDIO				SPINNING		AQUA FIT	
M O N D A Y							
9:30am	* 20-20-20			5:45am	Spinning Ride	8:00am	OUTDOOR Aqua MIX
10:45am	* SilverSneakers			9:15am	* Spinning Ride	9:15am	* Shallow Aqua MIX
4:30pm	Yoga 4 EveryBODY						
6:00pm	* TRX Fast Blast						
7:00pm	* "LIFT"						
8:00pm	Zumba			6:00pm	* Spinning Ride	6:00pm	* Aqua Fit-Shallow
T U E S D A Y							
8:45am	* STEP-40 minutes			5:45am	Spinning Ride	8:00am	OUTDOOR Aqua MIX
9:30am	* C.O.R.E.			4:30pm	Spinning Ride	9:15am	* Shallow Aqua MIX
7:00pm	* Yoga 4 Athletes						
8:00pm	TRX Circuit						
W E D N E S D A Y							
5:30am	"LIFT"					8:00am	OUTDOOR Aqua MIX
9:30am	* TRX Interval					9:15am	* Aqua Fit-Shallow
10:45am	* SilverSneakers						
6:00pm	* TAI CHI					6:00pm	* Aqua Fit-Shallow
7:00pm	* Zumba					6:00pm	* Master Swim
T H U R S D A Y							
9:30am	* Back 2 Yoga			5:45am	Spinning Ride	8:00am	OUTDOOR Aqua MIX
7:00pm	* TRX Circuit			4:30pm	Spinning Ride	9:15am	* Easy Does It-Shallow
8:00pm	Yoga			5:45pm	* Spinning Ride		
F R I D A Y							
9:30am	* Zumba			8:30am	* Spinning Ride	8:00am	OUTDOOR Aqua MIX
10:30am	* TRX Circuit					9:15am	* Easy Does It-Shallow
6:00pm	Zumba						
S A T U R D A Y							
7:15am	"LIFT"			8:30am	Spinning Ride	8:00am	Aqua Zumba
8:30am	Yoga						
9:30am	TRX Training						
10:30am	Zumba						
				<i>Class format, instructors or times are subject to change. Classes are 45-55 minutes unless otherwise noted.</i>		* KIDZONE HOURS	
P R I C E S				Schedule Effective June 9, 2014		MON 8:00am-1pm / 5:45pm-8pm	
	Single Pass	10 Pack	3 Month			TUES 8:30am-12:30pm / 5:45pm-8pm	
Memb. & Res.	\$6	\$40	\$120			WED 8:00am-1pm / 5:45pm-8pm	
Non-Resident	\$7	\$50	\$140			THUR 8:30am-12:30pm / 5:45pm-8pm	
UNLIMITED Fitness Pass for Park Center Members Annual \$175 per person / Three Month \$85 per person / One Month \$35 per person Additional Cost for Unlimited Fitness Pass. (Unlimited pass must be purchased at same time as Park Center membership.)						FRI 8:00am-1pm / Closed	
						RESERVATIONS (801-284-4258)	
						NEW !!! 1st hour FREE! Children must be on Annual Park Center Membership to receive 1st hour for FREE per day.	